

Norfolk

VIRGINIA



NORFOLK MRC NEWS

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DISTRACTED DRIVING

Did you know... Using a cell phone while driving delays a driver's reaction as much as having a blood alcohol concentration at the legal limit of .08 percent. While talking with another passenger can also be distracting, the passenger may warn the driver if there is a sudden or dangerous situation on the road.

There are three main types of distractions while driving:

- Visual—taking your eyes off the road
- Manual—taking your hands off the wheel
- Cognitive—taking your mind off your driving

These common activities can distract a driver:

- Using a cell phone
- Texting
- Eating, drinking, or grooming
- Talking to passengers
- Reading, including map reading
- Using a PDA or GPS
- Watching a DVD
- Changing the radio station, CD, or MP3 player

The National Highway Traffic Safety Administration (NHTSA) estimates that more than half a million people are injured, and nearly 6,000 die annually in crashes involving a distracted driver. Most dangerous of all is texting because it involves all three types of distractions—visual, manual, and cognitive.

Drivers who send and receive text messages take their eyes off the road for an average of 4.6 seconds out of every 6 seconds while texting.

At 55 MPH, this means that the driver is traveling the length of a football field, including the end zones, without looking at the road.

Drivers who text are over 20 times more likely to get into an accident than non-distracted drivers.

Stay Focused!

Avoid distracted driving by:

- Making only emergency calls while driving;
- For texting or routine calls, pull over to the shoulder or into a parking lot;
- Have a hands-free phone and speed dialing when you have to make an emergency call while on the road.

~Courtesy of NHTSA

***National Day
to Prevent Teen
Pregnancy—
May 1st***

Parents (and Grandparents): Remember the “talk” you had years ago with your teen? It might need a sequel. Head to www.StayTeen.org to take the National Day Quiz with the teens in your life and download a discussion guide to help start the conversation.

Be Ready for Disaster at Any Age

The likelihood of recovering from an emergency tomorrow often depends on the planning and preparation done today. Each person’s abilities and needs are different and should be included in disaster plans. Emergency managers are urging all Americans, in particular the elderly or those with access and functional needs who can be especially vulnerable when disasters strike, to review and update disaster plans.

Some steps you can take at home or



in your own community include:

- Speaking with adult living facility administrators about specific disaster plans.
- Creating a network of neighbors, relatives and friends to aid you in an emergency.



- Keeping specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals and any other items you might need.

- Keeping a list of the type and model numbers of the medical devices you require. Be sure to make provisions for medications that require refrigeration.

- Make arrangements for any assistance to get to a shelter.

Visit www.ready.gov/seniors for more information and tips.



Upcoming Training and Activities

MAY

5/6 Psychological First Aid, 6:30-9:30 PM, Norfolk Health Department.

5/16 IS-100 Incident Command System classroom course, 8:30A-12:00P. Riverside Medical Center, Warwick Conference Center.

5/15 Project Homeless Connect.

5/17 BLS Training, 8:30A-12:30P, Virginia Beach Health Department, 4452 Corporation Ln.

5/22 SKYWARN weather spotting training. More information to come.

5/27 Memorial Day; NDPH/NMRC offices closed.

5/27-6/2 National Hurricane and Flooding Preparedness Week

JUNE

6/1 Norfolk Mitigation and Preparedness Fair. More information to come.

6/1 Hurricane season officially begins.

6/8 Mass Casualty Incident training (START), 9A-2P. Tidewater EMS, Chesapeake.

6/19 IS-100 Incident Command System classroom course, 8:30A-12:00P. Riverside Medical Center, Warwick Conference Center.

JULY

7/4 Fourth of July; NDPH/NMRC offices closed.

AUGUST

8/6 Norfolk National Night Out.

*Please register for all activities through Linda unless noted otherwise.
Thank you!*

Just a Note...

Summer is a slower time of the year in our office, and I typically use this time to do planning for the upcoming months. I will also be conducting a data scrub to ensure your contact information is current and our volunteer records are complete, and to let everyone know where they stand with their required training.

If your contact information has changed recently, please be sure to update your profile or contact me, I'll be happy to update it for you. Keep working on your training, and be sure to forward your certificates to me.

Thanks for volunteering with the Norfolk Medical Reserve Corps!

Linda

Free Training Resource

The Columbia Regional Learning Center (CLRC) provides FREE online certificate training courses, webinars, and lectures designed for individuals working in health systems including MRC, health care, public health, and emergency management. All of the CLRC's certificate courses are developed based on CDC Public Health Preparedness and Response Competencies and Public Health Emergency Preparedness Capabilities. These courses cover a range of topics, such as medical countermeasure dispensing, preparedness fundamentals, mass care, mental health, and more. Some of these courses offer CEU's and CHES credits. View the courses at <http://ncdp.crlctraining.org/>.



Thank you to **EVERYONE** who made donations for the hygiene kits for Homeless Connect! Special thanks to **Holley Gagnon, Michelle Fuller, and Ann Straus** for assembling the kits, and extra special thanks to **Ann** for coordinating the collection. This was truly a “village” effort—thank you!

The MRC units in the Eastern Region of Virginia recently collaborated on a joint promotional campaign that included print and cable TV media to help spread awareness of the MRC. Check us out at <http://youtu.be/uPq-WRAARTw>.

Volunteer Spotlight

April was a busy month full of lots of planning activities sprinkled with health promotion and training opportunities. It was great to see so many volunteers get involved!

First Aid training. **Bridgette Sandy, Jim Weckerly, Jolisa Parham, Michelle Fuller,** and I all got together on April 4th to get certified (or recertified) in our first aid skills. Thanks for keeping your skills sharp! *If you have a current First Aid, BLS, CPR, or AED card, please forward a copy to me so I can update your file.*

Project Homeless Connect Planning. Thank you to **Ann Straus, Renee Genora, Leah Brown, Lexie Stone,** and **Tom Russel** for their assistance in helping to plan and prepare for the exercise at Homeless Connect. This is one of the biggest events of the year, and it takes a lot of work to pull it off. I appreciate your time and service in making it happen!

6th Grade Tdap Clinic. **Pam Hilbert, Patty Long, Sean Hess,** and **Renee Genora** assisted NDPH public school nurses in administering TDAP vaccinations for rising 6th graders to assure they meet vaccination requirements and can start school on time next Fall. Over 500 students were vaccinated at Norfolk Elementary Schools. Whooping cough (diphtheria) is on the rise again, so this is an important disease prevention initiative.

KEEP. Special thanks to **Vikas Shrivastava, Edwin Cruz,** and

Lexie Stone for their willingness to assist with the Kidney Early Evaluation event.

Broadcreek Community Center. **Lexie Stone** and **Renee Genora** performed blood pressure screening at the BCC, assisting 27 individuals to better understand their BP numbers and how the numbers relate to their health.

WHRO Pledge Drive. **Revonna Bieber, Tom Russel, Jim Weckerly,** and **Sean Hess** assisted WHRO during their recent pledge drive. WHRO produces the NDPH show *Health Watch*, and, as partners, we support them in these events. This is also similar to phone bank work, which MRC volunteers may be tasked with in a real emergency.

EVMS HOPES Clinic Lecture Series. Thank you to **Peggy Troyer** and **Sean Hess** for their continued time and expertise in planning for the lecture series, which is set to kick off this Fall. **Leah Brown** worked with EVMS to pilot this concept last Fall with the help of **Lexie Stone**, who helped provide the EVMS HOPES students with basic, practical skills in clinical functions. The upcoming lecture series will focus more on communication issues that health care professionals often face. Special thanks to **Jim Gosney** for facilitating the partnership between MRC and EVMS, and to **Chengxi Wang** for inviting us to collaborate with HOPES Clinic operations.

Thanks for all you do! ~ Linda